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Office of Nutritional Products  
Labeling & Dietary Supplements  
Center for Food Safety and Applied Nutrition  
Food and Drug Administration  
5100 Paint Branch Parkway  
College Park, MD 20740-3835

December 6, 2004

Dear Sir or Madam:

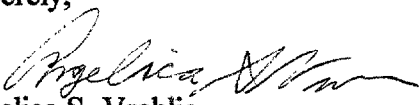
This letter will serve as a 30-day notification pursuant to Section 6 of the Dietary Supplement Health and Education Act of 1994 that NBTY Inc. is using the following statements on our Ginseng Complex supplements under one or more of the following brand names: American Health, Bioenergy Nutrients, Body Fortress, Good 'N Natural, Health's Finest, Heartland, HealthSmart Vitamins, HealthWatchers, Life's Finest, Natural Wealth, Nature's Bounty, Nutrition Headquarters, Nutrition Warehouse, Precision Engineered, Puritan's Pride, US Nutrition and Vitamin World:

**Ingredients:** American Ginseng Extract, Red Chinese Ginseng Extract. Panax Ginseng Extract, Eleuthero Siberian Root, Royal Jelly Concentrate

- Promotes Physical Performance.
- Ginseng contains ginsenosides and flavonoids – bioactive factors that help promote physical performance.
- Ginseng is also known to have a positive effect on the immune system.

The above statements are accompanied by the required disclaimer pursuant to Section 6 of the Dietary Supplement Health and Education Act.

Sincerely,

  
Angelica S. Vrablic  
Manager, Nutrition Research

ASV/mb

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